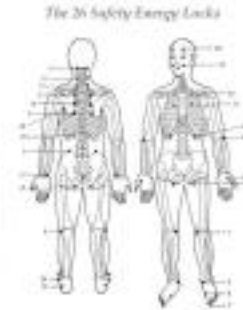


Jin Shin Jyutsu

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OVERVIEW

Jin Shin Jyutsu (JSJ) is a Japanese energetic healing practice, which shares its ancient roots with acupressure and acupuncture, but does not use needling. Jin Shin Jyutsu uses the power and sensitivities of the practitioner's fingers to help promote a healthy immune system, alleviate pain, balance digestion, prevent chronic fatigue, and achieve emotional equilibrium. Jin Shin Jyutsu is used in hospital settings and can be used for patients with anxiety, insomnia, colds.



Jin Shin Jyutsu views symptoms and pathology imbalances as reflections of the underlying energetic system. Jin Shin Jyutsu identifies critical energy centers of the body called Safety Energy Locks (SELs). When the SELs become blocked by stress, environmental toxins, physical trauma, or emotional trauma, further body stresses accumulate. As a result, discomfort, pain, stress, fevers, abnormal blood pressure, headaches, and slow healing can result.

Jin Shin Jyutsu practitioners can be found working at hospitals such as Kaiser and California Pacific Medical Center, in conjunction with physicians, acupuncturists, and psychologists. Chi Fountain Jin Shin Jyutsu practitioners are highly experienced with western diagnosed health-conditions.

COMPLEMENTING SPECIFIC HEALTH CONDITIONS

<p>Promotion of Wellness</p> <ul style="list-style-type: none"> • Stress Management • Energy Boost, Immunity Enhancement, and Mood Balance • Anxiety, Stress • Depression • Insomnia • Ease discomfort in dying patients • Pre-surgery: Expedite healing • Sexual dysfunction • Mood balance • Vitality 	<p>Musculo-skeletal and Neurological</p> <ul style="list-style-type: none"> • Arthritis • Sciatica • Tendonitis • Stiff Neck • Headache • Sprains
<p>Internal</p> <ul style="list-style-type: none"> • Hypertension • Asthma • Indigestion • Diarrhea • Constipation • Loss of Appetite • Nausea 	<p>Chronic Symptoms</p> <ul style="list-style-type: none"> • Pain Relief • Poor eyesight • Dizziness • Hay Fever
<p>Dermatological</p>	<p>Infections</p>



<ul style="list-style-type: none"> • Eczema • Acne • Herpes 	<ul style="list-style-type: none"> • Colds and Flu • Bronchitis
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WHAT TO EXPECT AS A PATIENT

The patient remains fully clothed and lies faces up on a comfortable surface. The practitioner places hands on the patient's wrists to examine several energy pulses. Depending on the energy imbalances detected, the practitioner gently places his/her hands on various combinations of 52 sites of the body (the SELs) and releases energy blockages along particular pathways. Patients typically report that Jin Shin Jyutsu treatments are deeply relaxing. At the end of the session, the practitioner may suggest self-help exercises.



STUDIES

1. **Multiple Myeloma, Rib Pain:** A fifty-six year old Caucasian patient had uncontrolled rib pain, diagnosed as multiple myeloma. Treatments started 4 months diagnosis, and throughout his 12-day BMT (?)hospitalization. Jin Shin Jyutsu treatments relieved pre-diagnosis rib pain, showed complete recovery of renal function, relieved side effects of BMT, speeded healing, prevented the possibility of mucostis, and minimized nausea and intestinal cramping after BMT.. Fevers were broken with Jin Shin Jyutsu, and with the application of Jin Shin Jyutsu Blood Pressure Flow, abnormal blood pressure and headaches were resolved. Allopathic medicine was unable to treat several of these symptoms [Shannon, Ann (2002)]⁸

2. **Heart Transplants:** Heart transplant patients at California Pacific Medical Center receive Jin Shin Jyutsu treatments once or twice a week. While the sample size in this study was small, patients reported the Jin Shin Jyutsu “reduced pain, reduced anxiety and depression, promoted a deep sense of relaxation, aided bowel functioning, helped reduce physical discomforts in the body, helped improve mood, and aided restful sleep at night”. [Sempel, Pennie (2000)]⁶

3. **Heart Disease:** A fifty-nine year old female suffering from **heart disease** received an average of two Jin Shin Jyutsu treatments a week and practiced Jin Shin self-help daily over the course of nine months. The patient reported immediate responses including reduced anxiety, reduced physical discomforts, improved demeanor, and restful sleep. After one year, the patient was able to receive a new heart and experienced minimal discomfort (compared to a previous surgery) and lung pressure stabilized more quickly than expected. Thereafter, the patient underwent no less than three extended surgeries, within the course of four weeks, and was released after six weeks. The patient reported that Jin Shin Jyutsu aided her in many physical and psychological ways throughout her hospital stay and surgery recovery, and also in her spiritual growth and personal awareness. [Sempel, Pennie (2000)]⁷

4. **Asthma:** An asthma patient was able to reduce asthma attacks by half and give up using an inhaler after receiving Jin Shin Jyutsu treatments, In addition, during rare severe attacks, asthma patients can derive immediate and lasting relief using the Lung Flow and Breathing Flow Jin Shin techniques. [Gray, Elizabeth (1994)]⁴



SAFETY

Intensive care patients, children, elderly, and other patients who are not good candidates for deep tissue or invasive bodywork can receive Jin Shin Jyutsu. There are no defined contraindications for Jin Shin Jyutsu, as the intervention is noninvasive. Jin Shin Jyutsu at Chi Fountain is practiced under the ethics and regulations of bodywork, and the practitioners are certified in Jin Shin Jyutsu and acupressure.

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